miha bodytec® – Standard Operating Procedures

1. Appointment Day - Preparing the miha bodytec Equipment (prior to client arrival):

1.1. Ensure the main power cable is plugged into the main socket for power supply

1.2. Check sizes (if applicable) and have ready:

1.2.1. Underwear (i.e. bottom and top), Vest and Electrodes (i.e. 2 x arms, 2 x legs and 1 x buttocks)

1.3. Ensure miha bodytec spray bottle is filled with warm water

1.4. Wet the electrode surfaces on the vest, arm, leg and buttock electrodes using the spray bottle. Wet sufficiently until a thin layer of water is visible

1.5. Put aside on the workstation for client arrival

2. Appointment day – Prior to Session:

2.1. Explain how the miha bodytec works (i.e. EMS intensifies normal currents already present in body therefore providing more muscle contractions per second and deeper stimulation)

2.2. Complete miha bodytec client pre-registration form and obtain client signature for the disclaimer

2.3. Discuss, with client, what kind of session is preferred for the day (Please refer to 'Exercise Program Guide')

2.4. Ask client to wear the jacket and then zip up- assist as suitable and where required

2.5. Attach and position the electrodes as displayed in the miha bodytec user manual (Page 15)

2.6. Ensure vest and electrodes fit tightly by pulling the adjustment bands – also ask client to adjust if needed

2.7. Connect the cables to the electrodes ensuring the red colored cables are attached to the right hand-side of the body (i.e. RED = RIGHT)

3. Appointment day – Training Session:

3.1. If applicable, insert the individual clients' smart card with the chip facing upwards

3.1.1. If using a new smart card for a client for the first time – insert the smart card and proceed to step 3.2. Upon completion of the exercise program the screen will display 'write smartcard' and the session settings will be saved

3.1.2. If the client already has a smart card assigned, insert the smart card and select 'Next' (by clicking the multi-function button) and it will automatically take you to the previously saved training program

3.2. If it is a new client or you want to change the program - select the required program by rotating and pressing the center multifunction button

3.3. Regulate the training duration by turning the multifunction button

3.3.1. If a returning client with an assigned smart card – regulate training up to previous levels, as indicated by the bars on the screen, after you have started the program

3.4. Start the program by pressing the multifunction button

3.5. Regulate the overall training intensity by turning the main output regulator

3.5.1.1. Recommended start level = 65

3.5.1.2. For returning clients slowly increase the intensity level to previously saved level

3.6. Ask client to stand in basic position (Please refer to 'exercise program guidelines manual') and contract all major muscle groups prior to starting the stimulation

3.7. Depending on client feedback (using the BORG scale), regulate the training intensity by turning the channels from left to right, for each muscle group/body part

3.7.1.1. For better results intensities should be set so clients report a minimum value of 4

3.8. Once completed, start the desired training session

3.9. The vest and electrodes may need to be tightened or put back in position if movement occurs

3.10. Upon training session completion, remove cables, electrodes and jacket carefully

3.11. Remove the client smartcard after the saving process is completed